



(19)

(11) Publication number: 2001

Generated Document.

PATENT ABSTRACTS OF JAPAN

(21) Application number: 11283202

(51) Int'l. Cl.: G11B 7/007 G11B 7/00 G11B
20/14

(22) Application date: 04.10.99

(30) Priority:

(43) Date of application
publication: 20.04.01(84) Designated contracting
states:

(71) Applicant: PIONEER ELECTRONI

(72) Inventor: KURIBAYASHI HIROKI

(74) Representative:

**(54) OPTICAL DISK AND
INFORMATION RECORDER**

(57) Abstract:

PROBLEM TO BE SOLVED: To provide an optical disk capable of performing a timing control with excellent jitter, keeping a recording positional precision high and increasing the recording capacity without providing futile buffer area, and to provide an information recorder.

SOLUTION: Groove tracks G and adjacent land tracks L are spirally and alternately formed on the optical disk 1, the groove track G is subjected to a wobbling processing, and gap parts GP are arranged at every prescribed interval on the groove track G. This interval is defined as N times (N is natural number) of a period of a SYNC pattern inserted at a recording time, and the length Lg of the gap part GP is made shortened than the length of the SYNC pattern. Thus, the gap part GP is detected to perform the

timing control, thereby recording the recording data with the high positional precision.

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